



*State of New Jersey*  
**DEPARTMENT OF HEALTH**  
OFFICE OF THE STATE EPIDEMIOLOGIST  
PO BOX 369  
TRENTON, N.J. 08625-0369  
[www.nj.gov/health](http://www.nj.gov/health)

CHRIS CHRISTIE  
*Governor*

KIM GUADAGNO  
*Lt. Governor*

MARY E. O'DOWD, M.P.H.  
*Commissioner*

**Ebola Virus Disease (EVD)**  
**Interim Guidance for Colleges and Universities**  
**Regarding Students Who Arrive From EVD-Affected Areas**  
**August 11, 2014**

Many colleges and universities within New Jersey are concerned as to how the current outbreak of Ebola virus disease (EVD) in West Africa will impact their communities, and wish to take appropriate steps to mitigate any risk.

This document specifically addresses the needs of colleges, universities, or other academic settings in which students may be arriving on campus after travel from EVD-affected areas (e.g., Sierra Leone, Guinea, Liberia, and Nigeria). It provides guidelines only for individuals who have "no known exposure" to Ebola – that is, they do not have any exposure to EVD **other than their travel to an EVD-impacted area. It does not give guidance for those who have taken care of patients in EVD-affected areas or have had other contact with EVD-infected individuals.**

**Background on Ebola virus disease**

The current outbreak of EVD began in March 2014. To date, four countries are involved in the outbreak: Sierra Leone, Guinea, Liberia, and Nigeria. As of August 11, 2014, there have been greater than 1700 cases and over 900 deaths. There have been no cases of EVD in the United States, and the risk of transmission to and within the U.S. is very low.

While EVD is a potentially deadly disease, there are a limited number of ways in which it is transmitted. People can only become infected via direct contact with the blood or other body fluids of a person infected with, and symptomatic from, EVD; or through exposure to objects (such as needles) that have been contaminated with the blood or other body fluids of a person infected with EVD. EVD is specifically **not** transmitted in the air or through the food or water supply. In addition, people who are infected with the Ebola virus are **only contagious when they have symptoms**. The incubation period, or the maximum amount of time between a person's exposure to EVD and the onset of symptoms, is 21 days. A person who was exposed to EVD or traveled to an EVD-

affected area and did not develop symptoms of EVD within 3 weeks does not have EVD.

While patients with EVD may develop a variety of symptoms (listed below), fever is nearly universally present in all infected persons. Common symptoms, none of which indicate a person definitely has EVD, may include:

- Fever (at least 101.5)
- Headache
- Joint and muscle aches
- Weakness
- Diarrhea
- Vomiting
- Stomach pain
- Loss of appetite

In addition, some patients may experience one or more of the following:

- A rash
- Red eyes
- Hiccups
- Cough
- Sore throat
- Chest pain
- Difficulty breathing
- Difficulty swallowing
- Bleeding inside and outside of the body

**For those students who arrive on campus within 21 days of having traveled from an EVD-affected area, and who currently have none of the symptoms listed above,** the New Jersey Department of Health makes the following recommendations:

- There is no need for quarantine, *i.e.*, separating students who have traveled from EVD-affected areas from other students. Students may reside in normal housing without any special precautions.
- We recommend that students monitor their health closely for 21 days from the date when they were last physically in an affected country. If they do not have a thermometer to check for fever if needed, one should be provided.
- Students should be advised of symptoms that could suggest EVD (<http://www.cdc.gov/vhf/ebola/symptoms/index.html>).

- **If a student develops a fever of 101.5°F or higher or any unexplained, persistent, or severe symptoms from the list above, they should be advised to immediately contact a healthcare provider.** Options for doing so include:
  - Contacting the campus health center to discuss their symptoms. If it is outside of normal business hours and the school provides a 24/7 on-call provider or “nurse line”, this mechanism can also be utilized.
  - Contacting emergency medical services (EMS) directly by calling 911.
  - Students should **not** simply be advised to go to the nearest Emergency Department without first speaking to a healthcare provider.
- **If a student needs to be transported to the Emergency Department, transportation should only occur after there has been communication between the student and EMS about the student’s potential risk of EVD.**
- **It is not necessary, or recommended, for students who have fever and/or other symptoms of EVD to be seen in campus health centers. Students with fever and/or other symptoms of EVD should be evaluated in an Emergency Department.** However, if a student with symptoms suggestive of EVD does come to a campus health center for evaluation, then it is recommended that healthcare personnel wear appropriate personal protective equipment (PPE). Information regarding PPE and infection control for Ebola can be found at: <http://www.cdc.gov/vhf/ebola/hcp/infection-prevention-and-control-recommendations.html>. In addition, the campus health center should immediately contact the local health department to notify them of the suspect case or evaluation.
- Schools should use the opportunity prior to students’ arrival to review and update their emergency preparedness plans, and to establish/update communications with their health partners including their local EMS and hospitals.

For more information regarding Ebola virus disease and the current outbreak, see:

NJ Department of Health: <http://nj.gov/health/cd/vhf/index.shtml>

Centers for Disease Control and Prevention: <http://www.cdc.gov/vhf/ebola/index.html>